



HOT FOOD COUNTER	Traditional Dinners Monday	Chef's Special Tuesday	Roast Wednesday	Curry Thursday	Fish Friday
MEAT MEAL	Jerk Chicken Rice & Peas (H)	Summer Pork & Potatoes	Lemon & Herb Roast Chicken Leg (H)	Keema Curry & Rice	Hunters Chicken (H)
VEGETARIAN MEAL	Rice Noodles Chow Mein (VG)	Lentil Bolognese (VG)	Quinoa & Black bean Chilli (VG)	One Pot Mushroom & Potato Curry (VG)	Poasted Red Pepper Quiche (V)
FISH MEAL	Jerk Fish (Seasonal)	Fish Finger Wrap	Garlic and Lemon Salmon (V)	Thai Prawn & Pineapple Rice (V)	Fish & Wedges
Without Wheat Range (Wheat & Gluten Free)	Served From the Sandwich and Salad Counter	Served From the Sandwich and Salad Counter	Served From the Sandwich and Salad Counter	Served From the Sandwich and Salad Counter	Served From the Sandwich and Salad Counter
VEGETABLE SIDE DISH 1	Peas & Broccoli (VG)	Broccoli & Cauliflower (VG)	Cauliflower & Broccoli Cheese. Peas (VG)	Curried carrots (VG) Spring Rolls & Veggie Samosa (V)	Peas & Sweetcorn
CARBOHYDRATE S CHOICE	Rice & Peas (VG) Baked Sweet Potato Wedges	Paprika Spiced Potatoes (VG)	Roast Potatoes (VG)	Bombay Potatoes Rice & Naan Bread (VG)	Seasoned Potato Wedges (VG) Potato Skins
Soup of the Day	Look on Daily Menu Poster. Meat, Vegan, Veggie & Halal Options	Look on Daily Menu Poster. Meat, Vegan, Veggie & Halal Options	Look on Daily Menu Poster. Meat, Vegan, Veggie & Halal Options	Look on Daily Menu Poster. Meat, Vegan, Veggie & Halal Options	Look on Daily Menu Poster. Meat, Vegan, Veggie & Halal Options
DESSERT	<b>MUFFIN MONDAY.</b> Chocolate (V)	<b>TART TUESDAY.</b> Gypsy (V)	<b>JELLY WEDNESDAY.</b> Jelly & Cream (V)	<b>SPONGE THURSDAY.</b> Apple (V)	<b>CUP CAKE FRIDAY.</b> Vanilla (VG)

98% of our meals & snacks are prepared daily using fresh ingredients from local suppliers. All our meat comes from a local butcher and all have full traceability. We try to offer Organic produce where possible using eggs and cows milk.

At our school garden, the students produce a variety of fruit and vegetables, where possible the school kitchen use these ingredients within the school menu.

If you suffer with an allergy or a food intolerance please check out our labelled goods for advice or ask to see the recipe card for a full allergy breakdown.

We sell a range of dairy, wheat and gluten free meals and snacks. (Available daily at breakfast, break & lunch)

If you would like to receive more information regarding school dining please email [frost@shirley.croydon.sch.uk](mailto:frost@shirley.croydon.sch.uk)



**V= Vegetarian VG= Vegan H= Halal Meat**

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HOT FOOD COUNTER</b>	Traditional Dinners Monday	Chef's Special Tuesday	Roast Wednesday	Curry Thursday	Fish Friday
<b>MEAT MEAL</b>	Honey Garlic Chicken (H)	Summer Beef Stew with seasonal Veggies	Roast Gammon	Chicken Curry (H) and Rice (VG)	Chicken & leek Puffs(H)
<b>VEGETARIAN MEAL</b>	Mixed Bean Quesadilla (V)	Vegetable Chow Mein (VG)	Roasted Root Tray Bake with Halloumi (V)	Squash Thai curry (VG)	Spaghetti Marinara with Vegan Meatballs (VG)
<b>FISH MEAL</b>	Lemon Crusted Seasonal Fillet of Fish (V)	Smoked Haddock Gratin (V)	Teriyaki Salmon (V)	Thai Fish Curry (V)	Fish & Wedges
<b>Without Wheat Range (Wheat &amp; Gluten Free)</b>	Served From the Sandwich & Salad Counter	Served From the Sandwich & Salad Counter	Served From the Sandwich & Salad Counter	Served From the Sandwich & Salad Counter	Served From the Sandwich & Salad Counter
<b>VEGETABLE SIDE DISH 1</b>	Seasonal mixed vegetables (VG)	Broccoli & Peas (VG)	Roasted Roots. Sweetcorn (VG)	Tandoori Cauliflower (VG)	Peas & Sweetcorn
<b>CARBOHYDRATE S CHOICE</b>	Baked Sweet Potato wedges Rice (VG)	Baked Sweet potato Wedges (VG)	Roast Potatoes (VG)	Rice, Baked Sweet Potato Wedges (VG)	Seasoned Potato Wedges (VG) Potato Skins
<b>Soup of the Day</b>	Look on Daily Menu Poster. Meat, Vegan, Veggie & Halal Options	Look on Daily Menu Poster. Meat, Vegan, Veggie & Halal Options	Look on Daily Menu Poster. Meat, Vegan, Veggie & Halal Options	Look on Daily Menu Poster. Meat, Vegan, Veggie & Halal Options	Look on Daily Menu Poster. Meat, Vegan, Veggie & Halal Options
<b>DESSERT</b>	<b>MUFFIN MODAY.</b> Butternut squash (V)	<b>TART TUESDAY.</b> Mandarin (V)	<b>JELL WEDNESDAY.</b> <b>JELLY/TRIFFLE</b> (V)	<b>SPONGE THURSDAY.</b> Chocolate & Pear (V)	<b>CUP CAKE FRIDAY.</b> Mixed Flavour (VG)

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HOT FOOD COUNTER</b>	Traditional Dinners Monday	Chefs Special Tuesday	Roast Wednesday	Curry Thursday	Fish Friday
<b>MEAT MEAL</b>	Chipotle Pork Chops	Chicken Parm Caserole (H)	Summer Roasted Chicken Tray Bake (H)	Spiced Koftas with Honey Chickpeas & Figs	Chicken Quesadilla (H)
<b>VEGETARIAN MEAL</b>	Feta & peach Cous Cous (V)	Ratatouilli Puffs (V)	Spicy Broccoli & Mushroom Noodles (V)	Indian Chickpeas (VG)	Cheese Flan (V)
<b>FISH MEAL</b>	Smoked Haddock with Crème Fraiche & Chives (V)	Herby seasonal Fillet of Fish (V)	Baked White Fish & Tomatoes (V)	Kerelan Fish Curry (V)	Fish & Wedges
<b>Without Wheat Range (Wheat &amp; Gluten Free)</b>	Served From the Sandwich & Salad Counter	Served From the Sandwich & Salad Counter	Served From the Sandwich & Salad Counter	Served From the Sandwich & Salad Counter	Served From the Sandwich & Salad Counter
<b>VEGETABLE SIDE DISH 1</b>	Peas & Baton Carrots	Sweetcorn & Green Beans	Baton Carrots & Peas	Spiced green beans (VG), Spring Rolls & Veggie Samosas (V)	Peas & Sweetcorn
<b>CARBOHYDRATE S CHOICE</b>	Baked Sweet Potato Wedges (VG)	Baked Sweet Potato Wedges (VG)	Roast Potatoes (VG)	Baked Sweet Potato Wedges & Rice (VG)	Seasoned Potato Wedges (VG) Potato Skins
<b>Soup of the Day</b>	Look on Daily Menu Poster. Meat, Vegan, Veggie & Halal Options	Look on Daily Menu Poster. Meat, Vegan, Veggie & Halal Options	Look on Daily Menu Poster. Meat, Vegan, Veggie & Halal Options	Look on Daily Menu Poster. Meat, Vegan, Veggie & Halal Options	Look on Daily Menu Poster. Meat, Vegan, Veggie & Halal Options
<b>Dessert</b>	<b>MUFFIN MONDAY.</b> Lemon & Poppy seed (V)	<b>TART TUESDAY.</b> Mixed Fruit (V)	<b>JELLY WEDNESDAY.</b> Jelly/Fruit(V)	<b>SPONGE THURSDAY.</b> Mixed Fruit (V)	<b>CUP CAKE FRIDAY.</b> Mixed Flavours (VG)

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